

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM	ISSUED	REVISED	CHAPTER	SECTION
	EMERGENCY/HOMELESS SHELTERS POLICY & PROCEDURE MANUAL	6/1/02	4/09	7	7.2
CHAPTER Chapter 7. Meal Pattern		SUBJECT Requirements for Meals: Birth Through 11 Months			

Meals served to infants up to one year of age must meet the requirements described in this policy and in the *Infant Food Chart*. Foods of an appropriate texture and consistency for each infant are required only when the infant is developmentally ready. The infant's parent or guardian should be involved in all decisions concerning changes in the feeding pattern. Solid foods should be introduced one at a time on a gradual basis, after the infant reaches at least four months of age.

Breastfeeding should be supported as the preferred way to feed infants. In addition, shelters must offer at least one iron-fortified infant formula. The infant formula selected should be one that satisfies the needs of the majority of the infants in the residence at any given time. Either breastmilk or iron-fortified infant formula, or portions of both, must be served for the entire first year. Infants should be held when being fed a bottle, and should never be laid down with a bottle.

Infants must be offered at least the minimum amounts of the meal components outlined in the *Infant Food Chart*. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. More breastmilk must then be offered if the infant is still hungry. Breastfeeding mothers put considerable effort into expressing and storing their milk so shelters should take extra care to avoid wasting breastmilk.

Fruit juice should not be offered to infants until they are at least six months or older and developmentally ready to drink from a cup. Feeding fruit juice only from a cup helps develop behaviors that may prevent early childhood dental caries. Full strength (100%) fruit juice may be served as part of the snack meal for infants 8 through 11 months.

When a family with an infant enters a shelter and completes the resident roster, the parent or guardian should be given a copy of the *Infant Food Chart* and the *Infant Menus* for the age of the infant. The infant menus can serve as a guide to the parents for recommended foods for the age of the infant.

Individual infant menus are as follows:

**Birth through three months** – only breastmilk or iron-fortified infant formula is required to meet the infant's nutritional needs.

**Four months through seven months** – breastmilk or iron-fortified formula is required. Some infants may be developmentally ready for solid food of an appropriate texture and consistency. Follow the *Infant Food Chart* for meal requirements.

**Eight months through 11 months** – follow the *Infant Food Chart* for meal requirements.

Meals containing breastmilk or iron-fortified formula may qualify for reimbursement from birth through seven months of age, if the shelter staff is feeding the formula/breastmilk from a bottle. Meals containing

breastmilk served to infants in the four through 11 month age group may be claimed for reimbursement only if all other required food components are provided by the shelter. Under the infant meal pattern, infant formula is a required component, and must always be offered in order for the shelter to obtain reimbursement under the CACFP, unless breastmilk provided by the infant's mother is served in its place.

A parent or guardian may elect to decline the infant formula offered by the shelter, and provide their own formula from an outside source. If the parent/guardian elects to use formula from another source, the shelter must obtain a signed, written statement from the parent/guardian declining the use of formula provided by the shelter. If the signed written statement is not on file for infants whose formula is brought from another source, the shelter may not claim the infant's meals for reimbursement.

Meals containing iron-fortified formula provided by the infant's parent that is served to infants in the four through seven months age group can be claimed for reimbursement only if the other optional food components are provided by the shelter when the child is developmentally ready. Meals containing iron-fortified formula provided by the infant's parent served to infants in the eight through 11 months age group can be claimed for reimbursement only when all other food components are provided by the shelter. (If the shelter is providing the infant with formula, meals served to infants of all ages may be claimed, however, the shelter must meet all other component requirements.)

Infant cereals must be fortified to the level of 45% of the Daily Value for iron as indicated by the manufacturer's nutrition label.

See Section 5.11 for more information on claiming infant meals. More information on feeding infants is available in the USDA publication *Feeding Infants – A Guide for Use in the Child Nutrition Programs*. Available at: [www.fns.usda.gov/tn/Resources/feeding\\_infants.html](http://www.fns.usda.gov/tn/Resources/feeding_infants.html).

Reference: 7CFR226.20(b)

Feeding Infants, A Guide for Use in The Child Nutrition Programs (FNS-258)